

SUMMER 2016

FULL-TIME LIFEGUARDS WANTED!

Lifeguards (indoor & outdoor pools), Head Lifeguards (Beach), Supervisors (outdoor pools) and Waterfront Lifeguards (Beach). Beach Lifeguards must have waterfront certification.

1. APPLY ON-LINE AT www.cityofboston.gov

2. PRE-EMPLOYMENT SWIM EVALUATION REQUIRED

Only qualified candidates will be contacted for a Swim Evaluation -

Swim evaluation is by appointment only.

All pre-employment swim evaluations held at:

BCYF Mason Pool, 159 Norfolk Ave., Roxbury.

12:30PM on Mondays April 4, 11, 25, May 2, 9, 16, 23, June 6

4:00PM on Saturdays April 30, May 7, 14, June 4

All candidates must **BRING** or email Jeffrey.Mackey@boston.gov prior, copies of current certifications in: Lifeguard Training, First Aid and CPR/AED.

Candidates **MUST** be at least 16 years of age (there will be limited positions for 16 and 17 year olds).

Evaluation Includes:

1. Swimming 300 yards continuously, using these strokes in the following order:
 - 100 yards front crawl using rhythmic breathing and stabilizing, propellant kick.
 - 100 yards breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
2. Present 25 yards of the following strokes: Backstroke, Sidestroke, Elementary Backstroke, Butterfly
3. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive into 7-10 feet of water, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
4. Tread Water – 2 minutes with legs only.
5. Active victim rescue, passive victim rescue and submerged victim rescue.
6. Spinal Management - Head Splint – Face up, Head Splint – Face down.

